

THE IMPORTANCE OF HEALTH CARE AMONG  
VOICE STUDENT

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## **ABSTRACT**

This thesis presents the results of The Importance of Health Care among Voice Students in Music Education Departments, Faculty of Music UiTM Shah Alam, or, as suggested by the title. The main hypothesis behind this study is that voice care can give rise to a students ability and performance. This thesis comes out after several findings that show the voice students in Music Education Departments ignoring their voice care and influence their performances in Faculty of Music Shah Alam. The dissertation is divided into five chapters, excluding the General Introduction and the General Conclusion. Each chapter deals with a particular aspect of health care. Chapter 1 presents a overview of voice and the health care that supposed to be understand by voice students. Chapter 2 describes about the literature review that been read by the author for source and guiding to complete this thesis, which is important to be guidelines to accomplish this project. Methodology is stated in chapter 3 which are included all the materials and method that used in this thesis and gathered all the result and findings. Chapter 4 contribute all the result and findings that been released by the author. This chapter shows the result that needed by the author to be calculate and conclude as the final findings. By proceeding in this way, the subsequent analyses in chapter 5 are underpinned, not only empirically by the test results but also by the observations presented in earlier chapters. Chapter 5 conclude all the thesis result and suggestion for recommendation that supposed to be done by other researcher.

## DECLARATION OF AUTHORSHIP

I hereby declare that this thesis is my own work and effort and that it has not been submitted anywhere for any award. Where other sources of information have been used, they have been acknowledged.

A handwritten signature in cursive script that reads "Josua".

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## **CHAPTER ONE**

### **INTRODUCTION**

#### **1.0 INTRODUCTION**

The sound of your voice is produced by vibration of the vocal folds, which are two bands of smooth muscle tissue that are positioned opposite each other in the larynx. The larynx is located between the base of the tongue and the top of the trachea, which is the passageway to the lungs.

When you are not speaking, the vocal folds are open so that you can breathe. When it's time to speak, however, the brain orchestrates a series of events. The vocal folds snap together while air from the lungs blows past, making them vibrate. The vibrations produce sound waves that travel through the throat, nose, and mouth, which act as resonating cavities to modulate the sound. The quality of your voice—its pitch, volume, and tone—is determined by the size and shape of the vocal folds and the resonating cavities. This is why people's voices sound so different.

Many people use their voices for their work. Singers, teachers, doctors, lawyers, nurses, sales people, and public speakers are among those who make great demands on their voices. This puts them at risk for developing voice problems. Experts singer or performer always concern about their health for their performance benefits.

Vocal music educators are on the front line of defense against their students' vocal misuse. They see their students regularly and are aware of obvious and sometimes subtle changes in their health and lifestyle. Vocal instructors and choral directors, both of whom are especially sensitive